This distribution guide is intended to help health care providers in different settings educate patients and their loved ones about preventing falls using the Speak Up™ To Prevent Falls resources.

**Hospitals:**
- Post the infographic in waiting rooms, inside patient rooms and bathrooms, and in the cafeteria or break areas.
- Include the infographic in patient admission packets.
- Feature the infographic in your hospital’s newsletter or on your organization’s website.
- Share the infographic and video at safety meetings and with your hospital’s board of directors and other leadership groups.
- Play the video in waiting rooms or treatment rooms.
- Run the video on patient televisions in their rooms.

**Ambulatory Care Facilities:**
- Post the infographic in waiting rooms and in treatment or recovery rooms.
- Provide tabletop versions of the infographic as reading material in waiting rooms.
- Add the infographic to information packets.
- Include the infographic or a link to the video in patient newsletters and other external promotional materials.
- Share the infographic and video at safety meetings and with your organization’s leadership and other stakeholder groups.
- Play the video in waiting rooms or in treatment rooms.
- Provide the infographic at the welcome desk for visitors.
Nursing Homes and Nursing Care Centers:
- Include the infographic in informational packets for residents’ families.
- Post the infographic in the hallways leading to resident rooms, in their rooms and bathrooms and in communal areas, such as television rooms and the cafeteria.
- Play the video in resident rooms.
- Share the infographic and video at safety meetings and with your organization’s leadership and other stakeholder groups.
- Post the video to your website and recommend that potential residents and visitors check out the page.
- Provide the infographic at the welcome desk for visitors.

Home Care Services:
- Include the infographic in informational packets for patients and their families.
- Post the video to your website and recommend that potential patients and their families check out the page.
- Share the infographic and video at safety meetings and with your organization’s leadership and other stakeholder groups.
- Provide the infographic at the welcome desk of your offices.